



# Giving Back and Helping Others

*By John DiAngelo, Inspira Health Network President and CEO*

**I**t never ceases to amaze me how ready and willing members of the Inspira family are to reach into their pockets or donate their time for a good cause. Yet it shouldn't surprise us. People who work in health care truly want to help others. Whether it is through direct patient care or in a supporting role, the ability to improve the lives of others draws people into the field of health care.

During a recent press conference to promote a local telethon raising money for hurricane relief in Puerto Rico, I shared how Inspira employees—as soon as reports of the devastation began to come in—began asking how they could support the relief effort. I witnessed a similar response by employees when the Houston area was devastated by Hurricane Harvey and the subsequent flooding.

Over the years, Inspira employees have supported countless charities and organizations through fundraising and volunteering. I would like to share just a few examples of how they have answered the call to help others.

A few months ago, I wrote about how we partner with other organizations to forward our mission of improving the lives of all we serve. One of those partnerships is with the Special Olympics New Jersey to whom we made a year-long Gold Medal Sponsorship commitment. Some might have thought that was enough, but not Inspira employees. When a call for volunteers was sent to help with a trail run event, more

than 40 members of the Inspira family signed up, filling almost every volunteer slot. In fact, Special Olympics New Jersey didn't even need to advertise for volunteers as they normally would. And many who volunteered said they look forward to the opportunity to help out at other Special Olympics events.

More recently, nearly 150 Inspira employees and their family members delivered 592 Thanksgiving meals to our neighbors in need. Many employees also contributed financially to the effort while others helped with food preparation. This annual tradition was started by our COACH program nurses who recognized that some of the patients they visit don't have the means to enjoy a Thanksgiving meal.

Throughout the year, Inspira fields teams for runs, walks and other such fundraisers. And it's not unusual for Team Inspira to be the largest or the top fundraiser. Heart Walks, Relays for Life and Mud Runs for Cancer are some of the larger events supported by Team Inspira. There are other fundraisers and awareness-raisers that perhaps you have not heard about. The March of Dimes Blue Jeans for Babies, The New Jersey Rock and Walk (raising awareness for families who have lost a baby and are in need of funeral assistance and emotional support services), and the American Foundation for Suicide Prevention's Out of the Darkness Walk are just a few that are supported by employees and their family members.

Our employees also support American Red Cross Blood Drives held at our facilities, donate items for children in our pediatric units and child/adolescent behavioral health programs, and donate generously to our Breast Cancer Bridge program, which provides free support and patient education to women with a diagnosis of breast cancer.

I'm proud to lead an organization that makes a difference in the lives of thousands of our neighbors each day. I'm equally proud of the members of the Inspira family who regularly, and generously, give of their time, talent and dollars to support worthy causes across South Jersey.

When we give back, we add light to the world and make the lives of others better. The late Arthur Ashe put it this way, "From what we get, we can make a living; what we give, however, makes a life." It's clear that members of the Inspira team understand and live these words.

During this season of giving, let us all take a moment to give back and make the world just a little brighter for our families, friends, neighbors and everyone in our communities.



[www.InspiraHealthNetwork.org](http://www.InspiraHealthNetwork.org)